

DEC 2006



FFSC CALENDAR OF WORKSHOPS

Naval Base San Diego ♦ Naval Base Coronado ♦ Naval Base Point Loma

Transition & Spouse Employment

For registration or more information on the following workshops, please call 619/545-6071.

Finding Federal Employment

December 12, Tuesday, 9:00 AM-11:00 AM, NBSD, Bldg. 263, Classroom 3

December 14, Thursday, 9:00 AM-11:00 AM, NBC, Bldg. 318, Conference Room

December 19, Tuesday, 9:00 AM-11:00 AM, NBPL, Bldg. 211, Classroom 1

Introduction to Owning Your Own Business

December 6, Wednesday, 9:00 AM-11:00 AM, NBSD, Career Information Center, Pier 6, Bldg. 3416

December 14, Thursday, 5:00 PM-7:00 PM, NBC, Bldg. 318, Conference Room

Resume Writing

December 5, Tuesday, 9:00 AM-11:00 AM, NBPL, Bldg. 211, Classroom 1

December 7, Thursday, 9:00 AM-11:00 AM, NBC, Bldg. 318, Conference Room

Winning Interview Techniques

December 5, Tuesday, 9:00 AM-11:00 AM, NBSD, Bldg. 263, Classroom 3

December 12, Tuesday, 9:00 AM-11:00 AM, NBPL, Bldg. 211, Classroom 1



Financial

For registration or more information on the following workshops, please call 619/545-6071.

Credit Management

December 6, Wednesday, 3:00 PM-4:00 PM, NBPL, Bldg. 211, Classroom 1

Developing Your Spending Plan (Basic Money Management)

December 6, Wednesday, 1:30 PM-2:30 PM, NBPL, Bldg. 211, Classroom 1

Home Buying

December 26, Tuesday, 1:00 PM-4:00 PM, NBSD, Bldg. 263, Classroom 3

REDUX and the \$30,000 Bonus

December 20, Wednesday, 2:00 PM-3:00 PM, NBPL, Bldg. 211, Classroom 1

Savings and Investments

December 19, Tuesday, 2:00 PM-3:30 PM, NBSD, Bldg. 263, Classroom 3

The Art of Successful Investing

December 12, Tuesday, 12:00 PM-1:30 PM, NBSD, Bldg. 263, Classroom 3

Thrift Savings Plan (TSP)

December 7, Thursday, 2:00 PM-4:00 PM, NBC, Bldg. 318, Conference Room

Volunteer Opportunities

FFSC offers opportunities in clerical support and customer service. Internships in curriculum development are also available. For information on volunteering or for help finding the right opportunity, please call Katherine at 556-9876.

SECRET SERVICE TESTING

DECEMBER 12, TUESDAY,

7:30 AM-4:00 PM,

NBSD, BLDG. 263,

CLASSROOM 3



For a full description of FFSC workshops and to register for classes, visit us at www.cnrsw.navy.mil/fsc

All active duty, reservists, retirees, DoD personnel, and their family members are invited to attend these programs and use The Fleet & Family Support Center services.

Naval Base Coronado (NBC)
619/545-6071 ♦ Bldg. 318
Mon-Fri, 7:30 am - 4:30 pm

Naval Base San Diego (NBSD)
619/556-7404 ♦ Bldg. 259 & 263
Monday 7:30 am - 7:00 pm
Tue-Fri, 7:30 am - 4:30 pm

Naval Base Point Loma (NBPL)
619/553-8306 ♦ Bldg. 211 & 212
Mon-Fri, 7:30 am - 4:30 pm

~We will be closed, Monday, December 25th, in observance of Christmas Day.~

Parenting, Family, Counseling

For registration or more information on the following workshops, please call 619/553-4744, *unless otherwise noted*, or log on to our website at www.cnrsw.navy.mil/fsc

Adults Molested As Children (AMAC Group for Women)
Group therapy is available in 8-week, psycho-educational groups.
Call the Counseling Dept. at 619/545-6071 for more details.
Mondays, 2:00 PM-4:00 PM, NBC, Bldg. 318

Boot Camp For New Dads
To register, call 619/532-6846.

Couples Conflict Resolution
(How To Fight Fair In Love And Marriage)
December 14, Thursday, 9:00 AM-11:00 AM,
NBSD, CB Village, Bldg. 3535

Deployed Spouse Support Group
Call 619/556-7404 or 619/545-6071
Thursdays, 8:30 AM--10:00 AM, NBSD, Bldg. 263, Classroom 4

Engaged and Married Couples Workshop (PREP)
December 19, Tuesday, 8:00 AM-4:00 PM, NBC, Bldg. 318, Learning Center

Individuals, Couples, & Family Counseling
Mondays, 7:30 AM-7:00PM, NBSD
Tuesday-Friday, 7:30 AM-4:30 PM, NBSD
Monday-Friday, 7:30 AM-4:30 PM, NBC or NBPL
Fridays, 8:00 AM-5:00 PM, Murphy Canyon Chapel Annex (by appt. only)

Navy New Parent Support Program's In-Home Parenting Classes
Parenting support available in your home! To schedule an appointment or for more information, call 619/556-8812.

Responsible Anger Management
To register, call 619/553-4744
December 14, Thursday-December 15, Friday, 9:00 AM-2:00 PM, NBPL, Bldg. 140, Classroom 120

Personal Improvement

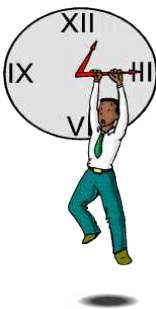
For registration or more information on the following workshops, please call 619/556-7414 or email FFSCMobility@navy.mil.

Decision-Making and Resource Management
December 12, Tuesday, 10:00 AM-11:00 AM, NBSD, Career Information Center, Pier 6, Bldg. 3416
December 13, Wednesday, 10:00 AM-11:00 AM, NBPL, Bldg. 211, Classroom 1
December 19, Tuesday, 10:00 AM-11:00 AM, NBSD, CB Village, Bldg. 3535
December 27, Wednesday, 10:00 AM-11:00 AM, NBC, Bldg. 318, Conference Room

Goal Setting
December 12, Tuesday, 2:00 PM-3:00 PM, NBSD, Career Information Center, Pier 6, Bldg. 3416
December 13, Wednesday, 2:00 PM-3:00 PM, NBPL, Bldg. 211, Classroom 1
December 19, Tuesday, 2:00 PM-3:00 PM, NBSD, CB Village, Bldg. 3535
December 27, Wednesday, 2:00 PM-3:00 PM, NBC, Bldg. 318, Conference Room

Improving Time Management
December 12, Tuesday, 1:00 PM-2:00 PM, NBSD, Career Information Center, Pier 6, Bldg. 3416
December 13, Wednesday, 1:00 PM-2:00 PM, NBPL, Bldg. 211, Classroom 1
December 19, Tuesday, 1:00 PM-2:00 PM, NBSD, CB Village, Bldg. 3535
December 27, Wednesday, 1:00 PM-2:00 PM, NBC, Bldg. 318, Conference Room

Team Building
December 12, Tuesday, 9:00 AM-10:00 AM, NBSD, Career Information Center, Pier 6, Bldg. 3416
December 13, Wednesday, 9:00 AM-10:00 AM, NBPL, Bldg. 211, Classroom 1
December 19, Tuesday, 9:00 AM-10:00 AM, NBSD, CB Village, Bldg. 3535
December 27, Wednesday, 9:00 AM-10:00 AM, NBC, Bldg. 318, Conference Room



Life Skills

For registration or more information on the following workshops, please call 619/553-4744 or log on to our website at www.cnrsw.navy.mil/fsc

Building Effective Anger Management Skills (BEAMS)
December 20, Wednesday, 2:00 PM-4:00 PM, NMC, Bldg. 26, 1st Fl.

Dealing with Holiday Stress
December 8, Friday, 9:00 AM-11:00 AM, NBPL, Bldg. 211, Classroom 1
December 19, Tuesday, 1:00 PM-3:00 PM, NBPL, Bldg. 211, Classroom 1

Dealing with Stress
December 6, Wednesday, 2:00 PM-4:00 PM, NMC, Bldg. 26, 1st Fl



Relocation, Info & Referral

For registration or more information on the following workshops, please call 619/556-7414 or email FFSCMobility@navy.mil.

Active Duty Pregnancy Resources Workshop
December 13, Wednesday, 9:00 AM-12:00 PM, NBSD, Bldg. 263, Classroom 3

Exceptional Family Member Program (EFMP)
Orientation
December 7, Thursday, 9:00 AM-10:00 AM, NBPL, Bldg. 211, Classroom 1

International Spouse Orientation
December 6, Wednesday, 1:00 PM-2:30 PM, NBSD, Bldg. 263, Classroom 3

Spouse Readiness Workshop...Resources for the Military Family
December 5, Tuesday, 9:00 AM-10:30 AM, NBC, Bldg. 318, Conference Room

Command Sponsor Coordinator Training
December 5, Tuesday, 1:00 PM-2:00 PM, NBC, Bldg. 318, Conference Room

Transferring.. More Resources & Less Stress for Your Next PCS!
December 14, Thursday, 1:00 PM-2:30 PM, NBC, Bldg. 318, Conference Room

Transferring Overseas.. More Resources & Less Stress for Your Next PCS!
December 7, Thursday, 1:00 PM-2:30 PM, NBC, Bldg. 318, Conference Room



Did you know FFSC offers:

- Information and Referral
- Ombudsman Support
- Exceptional Family Member Program
- General Life Skills Education
- Clinical Counseling
- Family Advocacy Program
- Deployment Services
- Relocation Assistance
- Transition Assistance
- Spouse Employment Assistance
- Personal Financial Management
- Sexual Assault Intervention

